



Spicy Bush Tomato Sauce

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home (makes 6 cups)

Fresh from the garden: tomato

Equipment:

tea towel
chopping board
cook's knife
frying pan
measuring spoons
mixing spoon

Ingredients:

1 tbsp olive oil
2 red onions, chopped finely
2 garlic cloves, chopped finely
2 tbsp ground bush tomato
2 chillies, sliced finely
1 tsp salt or bush salt
1 tsp mountain pepper
8 medium tomatoes, roughly chopped,
or 3 × 400 g tins whole tomatoes

What to do:

1. Heat the olive oil in the frying pan.
2. Sauté all the ingredients, except for the tomatoes, until the onion and garlic are tender.
3. Add the tomatoes, stir and cook for 10–20 minutes, as time permits.
4. Season to taste.

